

Winter 2026 Extra Life Schedule: Week 1-14

Day	Program	Room	Time	Note
Monday	AF/VCA	A107	6:30PM-9:30PM	
	Animation	A126	6:30PM-9:30PM	
	All Programs	A112	6:30PM-9:30PM	Costume Long Pose
Tuesday	AF/VCA	A107	6:30PM-9:30PM	
	Animation	A126	6:30PM-9:30PM	Costume Short Poses
Wednesday	AF/VCA	A107	6:30PM-9:30PM	
	Animation	A126	6:30PM-9:30PM	
	Illustration	A131	6:30PM-9:30PM	
	All Programs	A108	6:30PM-9:30PM	
Thursday	AF/VCA	A107	6:30PM-9:30PM	
	Animation	A125	6:30PM-9:30PM	
	All Programs	A108	6:30PM-9:30PM	
Friday	No sessions			
Saturday	AF/VCA	A107	11:30AM-2:30PM	
	AF/VCA	A107	3PM-6PM	
	Animation	A125	11:30AM-2:30PM	
	Animation	A125	3PM-6PM	
	Illustration	A138	11:30AM-2:30PM	Life Long Pose
	Illustration	A138	3PM-6PM	
Sunday	Illustration	A131	11:30AM-2:30PM	Life Long Pose
	Illustration	A131	3PM-6PM	
	All Programs	A108	11:30AM-2:30PM	
	All Programs	A108	3PM-6PM	

Reading Week schedule TBD

No Extra Life sessions on Saturday and Sunday in Week 14

Link to FAAD Extra Life Website: <https://faadextralife.sheridanc.on.ca>